Eat more fruits and vegetables! Monitor portion sizes! Limit sugar intake! Drink water! Tips for Eating Out
real beauty lies in what's inside. Fruits and vegetables are great sources of many vitamins, minerals and other natural substances that may help protect you from chronic diseases.
To get a healthy variety, think color. Eating fruits and vegetables of different colors gives your body a wide range of valuable nutrients, like fiber, foliate, potassium, and vitamins A and C. The CDC website recommends trying new fruits and vegetables regularly.
Recommended Daily Intake Go to your chart. Choose your level of physical activity. Use these definitions to determine your lifestyle physical activity that is above the light activity of everyday life: Less Active: You average less than 30 minutes a day. Moderately Active: You average 30 to 60 minutes a day.

Active:

You average more than 60 minutes a day.

Choose your age range. Your physical activity level and age determine how many calories you need each day and your calorie needs determine how many fruits and vegetables you should eat.

	Boys		
	AGE	FRUITS	VEGETABLES
less active	2-3	1 cup	1 cup
	4-8	1 ½ cups	1 ½ cups
	9-13	1 ½ cups	2 ½ cups
	14-18	2 cups	3 cups
<u>></u>	2-3	1 cup	1 cup
erate tive	4-8	1 ½ cups	1 ½ cups
moderately active	9-13	1 ½ cups	2 ½ cups
	14-18	2 cups	3 cups
active	2-3	1 cup	1 cup
	4-8	1 ½ cups	2 cups
	9-13	2 cups	2 ½ cups
	14-18	2 ½ cups	3 ½ cups

	Girls		
	AGE	FRUITS	VEGETABLES
/e	2-3	1 cup	1 cup
less active	4-8	1 cup	1 ½ cups
355	9-13	1 ½ cups	2 cups
9	14-18	1 ½ cups	2 ½ cups
S I	2-3	1 cup	1 cup
active	4-8	1 ½ cups	1 ½ cups
aci	9-13	1 ½ cups	2 cups
=	14-18	2 cups	2 ½ cups
	2-3	1 cup	1 cup
tive	4-8	1 ½ cups	1 ½ cups
act	9-13	1 ½ cups	2 ½ cups
	14-18	2 cups	3 cups

moderately less active active

ctive

19-30

31-50

51+

Men **VEGETABLES** AGE **FRUITS** 19-50 3 cups 2 cups 2 ½ cups 51+ 2 cups 19-30 3 ½ cups 2 cups 31+ 2 cups 3 cups

4 cups

3 ½ cups

3 cups

2 ½ cups

2 ½ cups

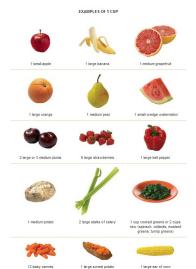
2 cups

less	active
oderately	active
	active

Women			
AGE	FRUITS	VEGETABLES	
19-30	2 cups	2 ½ cups	
31-50	1 ½ cups	2 ½ cups	
51+	1 ½ cups	2 cups	
19-50	2 cups	2 ½ cups	
51+	1 ½ cups	2 ½ cups	
19-50	2 cups	3 cups	
51+	2 cups	2 ½ cups	

EXAMPLES OF 12 CUP

	A Pro-	
1 snack container of applesauce (402)	16 grapes	1 medium cantaloupe wedge
	0	28
1/2 medium grapefruit	4 large strawberries	5 broccoli florets
78		RAISONS NATURAL
6 baby carrots	1 large plum	1 small box (1/4 cup) of raisins



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